








1 ? ?  to  do  at  or  lunchtime?




? 
Have a stretch


Play a game

  
Be with my friends

 
Listen to music or a story

? 
Do some physio.

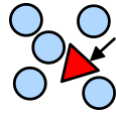
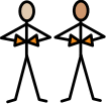
2 ?   to  school?


On a bus



In a car or van with your family

3



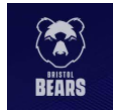
3. We exercise in lots of different ways at school. Which type is



your favourite?



Hydrotherapy



Bristol Bears



PE



Physiotherapy



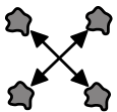
Rebound



Standing frame



Walking frame



Anything



else?

.....

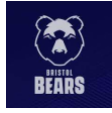
4



4. How many times did you exercise in school last week?



Hydrotherapy



Bristol Bears



PE



Physiotherapy



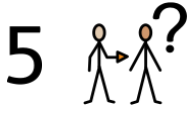
Rebound



Standing frame

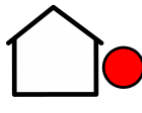


Walking pacer



5

5. Do you do any exercise outside of school?



go



walk

for a



play



friends

with



go to



club

a



6

6. What do you have for breacktime snack?



have



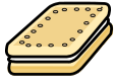
breacktime



snack?



Crisps



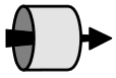
Biscuits or cake



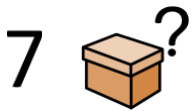
Sweets or chocolate



Fruit



Milk through my tube



7. What did you eat for lunch yeaterday




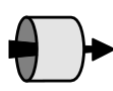

or






Food your Mum or Dad cooked



School dinner

  
Milk through my tube

8   
8. What do you like to drink?


Milk

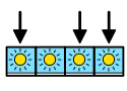

Water


Fizzy drinks


Hot drinks

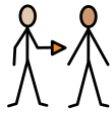

Squash

9



9. Do you usually eat healthy food? Yes or no

10 ?



10. How does school make you feel?



Happy or sad